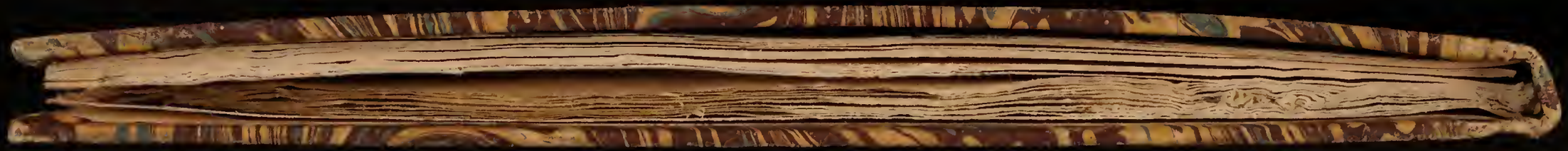
CHURCH — COMPENDIOUS ENCHIRIDION, 1682



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A Compendious

# ENCHIRIDION

## Touching moſt Diſtempers Incident to the body of Man,

With the beſt and eaſieſt Cures thereof.

## Wherein the Author deſires the Reader ſeriouſly to conſider the Particulars before Cenſure be paſſed.

In all my Travels with *Salvator Winter*, and many years after with that famous Phiſitian and Chirurgeon *John Ponteus*; I never exacted on, or denied the Poor my skill and Medicines *Gratis*, but ſtill my houſe to them was as free as an Hoſpital; the like never hath been performed but by your Friend and Neighbour

*JOHN CHURCH.*

Gentlemen take notice, that beſides the old Tract I gave you; I have now added for the good and benefit of my Countrymen, a true way of making ſome cheap and neceſſary Medicines; As *Balſomes, Plaiſters. Oyntments, Diaſcordium* and *Mithridate.*

With the number of all the *Bones, Veins, Muſcles* and *Arteries* in the Body of Man.

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Printed for the Author in the year 1682.

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# *The Prologue.*

*Gent.* ALthough I have not time to give you a Catalogue of all the Famous and admirable Cures performed by me in mine own Country, and other places of this Kingdome, by reaſon it would be tedious for your reading, and too large for the Preſs; yet I am willing to give a touch in ſhort of ſome Cures performed by me amongſt your neighcors, who were left uncured by ſome Chirurgeons, counted able men. Nevertheleſs you may ſee that Gods bleſſing daily attends my endeavours. For when I am at work for the poor, my delight is to perform their cures Charitably, believing that God will crown my endeavours with ſucceſs. Bleſſed be his glorious name for ever,

*Gentlemen*, we are not unſenſible that there are too many Pretenders in our time, who promiſing to perform great cures, have taken your mony, and left you worſe than they found you. But my way is to perform your cures before you part with your mony. Some few Cures I ſhall inſtance in for brevities ſake.

I ſhall not ſtand on curious delivery, nor on high quaint termes of Art, although I am a great lover thereof: but in a low and plain way, ſo that the meaneſt capacity may underſtand, what with Gods bleſſing I can do for them. As followeth.

## *A Declaration of ſome Cures performed by* J. C.

*Sirs*, I will begin with the Eyes, being ſeated in the moſt noble and principal part, and are as Chriſtal Windows to let light to all manual operations, For God hath hollowed out in the Scull two Windows, into which the outmoſt Membranes of the Brain ſend two things fill'd like bags, with the Humours that come from the brain: In the midſt of which there is a Pipe interwoven of an Opacous thin Membrane, yet full of a moſt pure and Chriſtaline Humour, called the Apple of the Eye, in the which viſion is made. This is compaſſed with a Net-work full of a watry or glaſſie humour. And

last of all that Membrane which is commonly call'd the White of the Eye: but Philosophers (because it is hard and polish'd over like horn) call it *cornea*; and this is transparent over against the Apple & the Net-work. Elsewhere it retains its whiteness. Now under the Root of the Apple lies the Optick Nerve, by which the image of the thing perceived passeth straight to the center of the Brain. For sight is only the resiliencie of the species from the object to the eye, *&c.*

I couch'd Cataract's for *Richard Smart* a Hempdresser living in *Cow-lane* near *Smithfield*, and many others to their comfort and my credit.

I cured *Mary Millard* liveing within two miles of *Chealtenham* in Gloster-shire of the *Falling sickness* (who had been afflicted 14 years) by anointing the Spundles of her back with my Balsom, and giving her my *Essentia Mercurialis*, *&c.*

I Cured *Humphry Blackwel* living in *Eastwell* in *Stockly* Parish in Oxfordshire (being shot through part of his head with a Rammer of a Gun) with *Linnimentum Archei*, and *Emplastrum magistpale cum Bitum.*

I Cured *Margaret Carter* living within three Miles of *Bracklie* in Buckingham-shire, who had been Blind for the space of 15 years. With many too long to nominate.

Also in the Diseases of the Eyes I commonly use *Medicamen sive Collirium nostrum*, made of *Tutta Magistralis*; where with I do not only cure watry eyes, but also the great pain of the Eye-lids; and also where there is flesh growing over the sight; that it seemeth to be past the cure of common Phisitians and Chirurgions that profess themselves to be very skilful in Occulism, or griefs of the Eyes.

I cured *John Ball* of *Bloxom* near *Banburie*. He was a Baker, who did suck his meat through a Quill two years, by reason of a Cancer in his face. I gave him *Flores Veneris*, and did use *Oleum Vitrioli*; and with my Balsom & Plaisters finished the cure. I Cut and cured *Martha William* of *Michael Deane* on my Stage in Gloster-shire, a Broommans Daughter of a Hare or cloven Lip, who had been cut and much abused by one endeavouring to cure it before; but left her very deformed. With many others, whom I have perfectly cured which I for brevities sake omit.

I Cured *James Fisher*, a Scholler of *Oxford* of a *Fistula* in his side, between the Ribs and the intercostle Muscles, giving him inwardly

my

my Golden Balm, and using *Flos unguentorum* about the said wound; with *Emplastrum Stipticum*, and injections with *Mel Rosarum*, and Tents dipped sometimes in *Egiptiacum*.

I Cured a Fistula in *Ano* for *John Rogers* living in *Stratford on Avon*.

I Cured *Robert Clements*, living in a Village within a mile of *Banburie* of an Vlcer in his Leg.

I Cured *Anthony Michel* living in *Easom*, who had 27 Ulcers or holes. Insomuch that it was threatned and doom'd to be taken off. Who I did perfectly cure, and others with the foresaid Remedy.

I Cured a Wry-neck for *John Scot* living in *Sadbury* in Glostershire.

I Cut and cured *David Harris* living in *Dunnings Allie* in *Bishopsgatestraet*, of a Wen being on the side of his neck, weighing above a pound and a half. And many others.

Also I cure all Ruptures, or burstings, commonly called broken-bellies, either with, or without cutting, which are curable. And also all those tumours or startings out of the Navil.

I Cut and cured *Samuel West* of the Stone in the bladder, *Malmsbury*

In the *Dropsie*, *Ascites*; I do sometimes use Tapping with good success. I Tap't, and did extract from one *Joan Gamble* at times, 2, or 3 and 20 Quarts of undigested Urine, or water. Also I do often cure the Dropsie, *Tinpanies* and *Anasarca*, with my Balsom, Fomentations, & Cataplasms, giving *Elaterium*: I use Sudorificks, according to the age, strength, and constitution of the diseased parties.

Cancers cut and cured 6 this year 1681 at *Chippingnorton*.

I Cured *John Prat* of *Keynton*, *Robert Savage* of *Long-compton*, *George Roberts* of *Shipton* upon *Stover*, all of Cancers in the Lip.

I Cured *John Cox* of *Uffington*, near *Farringdon* of a Cancer in the rough of his Mouth which had by its continuance eaten through his Jaw.

I Cured *Richard Shirborn* of *Ascott* near *Burford*, of a Cancer in his Tongue left uncured by able Chyrurgions.

I Cut and Cured the Tongue of a woman of *Chippingnorton* which had a large Stone in the middle, weighing half an Ounce, to the admiration of all spectators: who is now alive and ready to justifie the truth of it.

*Directions for the Composing of that incomparable Medcine called the* Golden Balm.

Take *Olei Terebinth.* lb. 4. *Mirrha* ℥ 2 ſs. *Mastices* ℥ 1. *arcoello* 2 *Gum*

℥2. *Gum. Elemi* ℥6. *Gum. vel pinguedinis Palmæ* ℥7. *Spirit. Vini Opt.* lb. 2. Mix them together in a ſtrong Glaſs, and infuſe them in *Balneo Mariæ*, 10 daies. Afterwards put to it *Olei Hypper.* lb. 1 ſs *Tereb. puriſſim.* ℥4. *Cereæ albæ* ℥6. *ellis* 3. *Miſc. fiat Unguent. ve alme.*

This Golden Balm or Unguent, is of ſo great virtue, that it is to be admired, for it's wonderful efficacie and operations, both inwardly and outwardly; for all great Squats, Bruſes, Falls, give half a drachm, or ſafely a whole drachm in Sack, or any convenient drink; anointing the greived place outwardly.

For all wounds, new or old, make pledget of fine Tow or Lint, the bigneſs of the wound, and lay on any common plaiſter; as *Diachilon*, or *Deminio*, and if the wound be deep, you may make Tents of the ſame.

Alſo anointing any greived part, or painful ſwelling, it giveth ſpeedy eaſe, and aſſwageth.

And for all Sinewes that are contracted, or ſhrunken. For Cramps and Convulſions, anointing the Spundles of the back. Truly it would require a wiſe Pen, and a large Volume to ſet down all it's healing Virtues, and curious Operations.

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## *Of Phyſick, Chirurgery, and Anatomy.*

Alſo I am bold to give you a touch of Phyſick and Chyrurgery: For I am much ſtreigthned for want of time.

The moving principle in a living man, is the vital ſoul, which is nothing elſe but the ſpirit of life, thick and ſtrong, mightily filling, and powerfully governing the bodies which it inhabiteth.

For the body of man is Compound, and conſiſteth of Spirit, Fleſh, Blood, Membranes, Veines, Nerves, Griſtles, and Laſtly Tones being as it were the props and pillars, leaſt the frame ſhould fall Which are in number as followeth.

The Head hath 8. The upper jaw 2. The lower jaw 1. The Teeth are 32, ſometimes but 28. The *Spina* hath 24. The *Os ſacrum* 5. The Ribs are 24. The Breaſt bone 1. but compoſed of 3. The Cannenl bones 2. Th Shoulder-blades 2. The Iſchium 3. In the Armes 6 In the Feet

Feet 64. The great ſeedlikebones of the great Toes 4. If with ſome Anatomiſts you reckon 24 ſeed-like bones in the two hands, and ſo many in the two Feet, and two in each Ham, and the 8 bones in each Hand between the *Carpus* and the *Metacarpus*; and the bony ſuſtance anexed to the *Cuboides* in both the feet. In old perſons yon ſhall have 54 more, which being joyned to 246, make up 302 bones expreſſed thus.

*Ter centum binis compactum eſt oſſibus iſtud,*
*Quod gerimus corpus, non eſt quod plura requiras.*
If you 302 bones chance to find,
Few, or none, are left behind.

The principle tranſmutation of the nouriſhment in man is by Progeneration of the Four Vital humours, Blood, Flegm, Yellow and Black Choler. For the nouriſhment received being tempered (as indeed all bodies of the world are) of the Four Elements, is reſolved in the body of a living creature into four again. The fatteſt part of it is turned into Blood: a part into Spittle or Flegme: a part into Yellow Choler, and a part into Black Choler, or Melancholy. For Melancholy by its terrene groſsneſs, repreſents the Earth. Flegme, Water, Blood, Air. Choler, Fire. But they differ in colour and reliſh. For Melancholy is black, and ſomething bitter. Flegme, white, and without taſt. Blood, red, and ſweet. Choler, yellow, and very bitter.

Note that amongſt thoſe Four, Blood is moſt copiouſly generated, containing the very ſubſtance of our nouriſhment, to which yellow Choler only adds a more eaſie penitration through all. Black Choler fixes it again; and applieth it to the members. Laſtly Flegm tempers the Acrimonies of them both, (leaſt they ſhould Corode) with penetrating and fixing: and gently agglutinates the blood to the members. Hence it is that Phiſitians alſo, with the Vulgar, ſpeak of the Blood, as if it were the only food of life. Now the principle concoction in a living creature is threefold. 1. Chilification. 2. Sanguification. 3. Membrification. The Firſt is made in the Stomach. The Second in the Liver. And the Laſt in all the members. Now the Stomach is the common Sink-port, or receptacle of all maladies. Crudity is the ſeed of all diſeaſes. From thence groſs vapours ariſe, cauſing inflations: the ſame condenſed in the head, cauſeth diſtillation 1. the other member, of the body it cauſeth obſtructions, whence fol-

loweth rottenneſs or inflammation. Therefore let it be taken for grant ed, that he taketh the beſt courſe for his bodily health, that endeavours to prevent Crudities. Now the beſt waies to prevent them is Temperateneſs: as in food, ſleep, and daily exerciſes. O the ſtrange virtue of Labor! whereby our ever to be adored God ordered our firſt Parents to get their bread and health in the ſweat of their browes intimating that they ſhould get their bread and health together: which miſtery, if the debauched and ſlothful Gentry of this Kingdom would rightly weigh, and ſeriouſly conſider, they would not waſte their lives in idleneſs *&c.*

I muſt beg your pardon, and break off abruptly, as touching theſe things: or I ſhall walk into ſo pleaſant a field, that I ſhall not be able to get forth; I muſt therefore but only hint at things.

## *Of the Quantities of Weights which are at this daie in uſe in preparing, and compoſing Medicines,*

For as much as the perfect knowledg of Medicines cannot be attained unto, without the knowledg of the quantities of Weights, which are at this preſent day moſt commonly uſed in making and preparing Medicines. I thought good to declare them, as followeth.

| | | |
|---|---|---|
| *A Grain, is a Barly corn, taken out of the middle of the ear* | Granum. | G. |
| *A Scruple, is twenty Barly cornes.* | Scrupulus. | ℈. |
| *Three Scruples containes a Drachme.* | Drachma. | ʒ. |
| *Eight Drachmes contain one Ounce.* | Unicia. | ℥. |
| *Quart; ſignifieth a qnart of any thing.* | Quar. | qr. |
| *Libra, is a pound' And hath this Note.* | Libra. | lb. |
| *Semis is the half of every weight.* | Semis. | ſs. |
| *Manipulus, is a great handful.* | Manipulus. | M |
| *Pugilus is a ſmall handful.* | Pugilus. | P. |
| *Ana, is of every one a like much.* | Ana. | A |

Ne parva averſeris, ineſt ſua gratia parvis.

FINIS.

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1. *Artemisia* Mugwort.

GRows by the borders of Fields and High-way-sides, and it Howreth in *August*, and it is somewhat Astringent, and not too hot, pound it with Oyl of Sweet Almonds, and lay it as a Plaster, easeth the pain of the Stomack, also it cureth the Ach and Shaking and drawing together of Sinews

2. *Tussilago* Coltsfoot,

It groweth in Watry-places, and moist fields, is of a drying nature; pounded with Honey, it cureth hot Inflamations, and St. *Anthony's* fier being laid thereon, it is good for any Impostumations of the stomack.

3. *Petasites:* Butter Burre.

It groweth in moist places: it flowereth in *March*, and it is dryin the third degree, being dried to powder and drunk in Wine, provokes Swear, it killeth Wormes, and is of great force against the Suffocations or Fits of the Mother, it cureth all Ulcers or old filthy Sores.

4. *Britannica* Bistort,

They be of two sorts and flowereth in *May*, cold and dry in the third degree, being boyled in red wine and drunken stopeth the Bloody-flux, it also stopeth the overmuch flowing of Womens Purgations and all other Issues of blood

5. *Fumaria* Fumitory.

It grows amongst Wheat and Barley, hot and dry in the second degree, flowers in *June*, the decoction is good in all hot Collectick humours, also against the fowl scurf or old sores butifying the skin and purging the body.

6. *Chamædrys* Germainder.

It groweth in stony Hills and Gardens flowereth in *July*, hot and dry in the third degree, opens all obstructions of the Liver and Spleen it bringeth down Womens natural purgations, it purgeth the body.

7. *Bitonica* St. *Pauls* Bitony.

Male and Fœmale, the Male *Veronica*, it groweth in sandy places

about Woods, the Fœmale groweth in low moiſt places, they flower in *July*, it is dry and ſomething hot, it is very good for ſtoppings and pains of the Kidneyes, it is good in old Coughs and corrupted Longs and Ulcers.

### 8. *Ajugo* Ground-pine.

Grows in ſtony ground flowers in *Auguſt*; it is hot in the ſecond degree and dry in the third, it is good to apply to the Stings of any Venomous Beaſt, boyled in Vinegar and drunken delivereth the dead Child, diſſolves congealed blood, anointing the body with the Juice provokes ſweating.

### 9. *Chamæſpariſſus* Lavender-Cotten.

Grows in Gardens if Planted, or elſe not in this Country; it flowers in *Auguſt*, it is hot and very dry; the Hearb drunken in Wine is good againſt Serpents Scorpions, and any other kind of poyſons both to Man and Beaſt.

### 10. *Steophalaria* Celandine,

Grows about old rotten walls; flowers in *May*, hot and dry in the third degree, the Juice in Wine is good to waſh fretting ſores, it openeth the ſtopping of the Liver, it helpeth the Jaundice, it is very good in the Hemorhoids, the Juice of it mingled with Wine and waſh therewith.

### 11. *Pervinca* Pervincle.

Grows in moiſt ſhadow places; flowers in *April*, it is very dry and Aſtringent, the herb ſodd in Wine and drunken ſtops the bloody flux, it ſtayeth the immoderate courſe of the flowers, and all other fluxes of blood.

### 12. *Crocus Saracenicus* Baſtard Saffron,

They uſe to plant it in Gardens, it flowreth in *Auguſt*, hot in the firſt degree dry in the ſecond, the Juice of the Seed taken with Broth helpeth the ſtopping of the Bowells and Guts, it is alſo very good for dropſys; the flowers drunk with honied water openeth the Liver and are very good againſt the Jaundice.

### 13. *Tanacetum* Tanſie.

Two ſorts, the one yellow, the other aſmnald white, both flowers

ers in *Auguſt*, it is hot in the ſecond degree and dry in the third; te ſeeds are very good to kill the Wormes, the ſame drunken in Wine is for pain in the Bladder, and themthat cannot piſs but by drops, the Juice of the Herb is good for fits of the Ague.

14. *Parthenium* Fetherfew.

It groweth in dry places by old walls; it flowreth in *Auguſt*, it is hot in the third degree and dry in the ſecond, Feverfew dryed and made into powder, and two drams of it taken in honey, very well purgeth Melancholy and purgeth the Stone.

15. *Abrotonum* Sothenwood.

It grows in Gardens flowers in *Auguſt*, it is hot in the third degree, it is good againſt the Scatica and ſtoppings of Urirne and Womans natural Purgations the Seeds being ſteeped in Wine and drunken.

16. *Abſynthium* Wormwood.

Hot in the firſt degree dry in the third, comforteth the Stomack from hot Collerick humours, the decoction.

17. *Bugloſſa* Bugloſs.

There be five ſorts, they all flower in *June July* and *Auguſt*, apt to grow in barren Soyl, the decoction of the Roots with Hyſop and Creſſes being drunk every Morning drives out all manner of flat Wormes ingendred in the Body of Man.

18. *Lingua Canis* Dogs Tong.

Grows about high-ways and Path ſides, flowreth in *June*, the Root roſted in hot Imbers and laid to the Fundament helpeth the inward Hemerhoids, pounded with Barly Meal and laid to any Inflamations or Wild fier is a Soveraign Remedy.

19. *Barago* Borage.

It is hot and moiſt, it is good againſt Roughneſs and Harſhneſs of the Throat, being boyled with water and honey is good alſo againſt Mellancholly

20. *Anthillis* Anthillon.

Hot and dry in the firſt degree, flowreth in *June* it groweth in

the Axen of this Herb is uſed in making Glaſſes ; the decoctio of it drunk is good againſt the Strangury and pain in the Reins alſo very good for green wounds to heal them up.

21. *Bardana* The Clote Burre.

Groweth by highways and dry Ditches, their ſeaſon is in *Auguſ* being very good ſteeped in Wine to provoke Urine and break th Stone in the Reigns or Bladder, alſo for ſuch as ſpet blood or cor rupted matter, and in Ointments good for hot ſwellings.

22. *Ranunculus* Crowfoot.

Grows in Ditches and ſtanding waters, flowers in *April*, good againſt Tetters and Ringworms. The Powder of the Root drie cauſeth Sneeſing.

23. *Poligranthemum* Gouldenknobs.

Grows on Graſſy Downs and in Gardens, if planted flowers i *April*, and almoſt all the Summer is hot and dry, ſeldom uſed i Phyſick, the Roots are good to draw Bliſters being outwardly ap plyed.

24. *Dipſacum* or *Virga paſtoris*, Teaſel.

It flowers in *June*, and is planted in this Country, is dry in th Second degree, an Ointment made with it is good for chops in th Fundament.

25. *Succiſa Morſus Diaboli*, Devils-bit

Hot and dry in the Second degree : inwardly taken it eaſeth th Fits of the Mother, and breaks Wind, very good to ſtop Swellings i the Jaws being outwardly applied.

26. *Triſolium* Trefoil.

There be ſeveral ſorts, and are hot and dry in the Third degre and flowers in *Auguſt*, good to purge Worms, Natural Purgati ons, and againſt the Strangury provokes Urine.

27. *Alleluga* & *Oxys* Wood Sorrel.

Grows in ſhaddowed Woods, flowreth in *April*, is cold and dr it is good for them that have a cold feeble Stomach, the decoction i good for ſore Mouths.

28. *Grami*

28. *Gramen* Couch-crafs.

Is cold and dry, it groweth in Corn Fields and in low places, it is good to boil in Wine for Gnawings of the Belly, very much provokes Urine, and brings forth the Stone and Gravel.

29. *Phœnix* Way-bennet.

Grows in the Borders of Fields, of nature dry and warm, ſtops the Flux of the Belly, and womens Natural Purgations.

30. *Bromos* Oatgraſs.

Grows on Borders of Fields, and by way ſides may be found in ear, all the Summer is dry of complection: the decocton is good for ſtinking Breaths, or ſtinking ſmells, or corrupt ſores in the Noſe being waſhed therewith.

31. *Cratæogonum* Stichwort.

Grows under Hedges and Buſhes, flowers in *April*, the Seed heateth and dryeth: Some write that if a Woman drinks the decocton of the Seed three days after her Natural Purgations ſhe may conceive of a man child if ſhe conceive within Forty days.

32. *Junci* Ruſhes, there be Five ſorts.

Grows in low watry places, of dry complexion, they flowrer in *July*, it purges very much by Urine, the Seeds ſteeped and drunken in Wine ſtops any Flux in the Belly.

33. *Arundo* Reeds, there be Nine ſorts.

All hot and dry, they grow in ſtanding Waters and by Brook ſides, tis good in Dropſies, it provokes Urine and breaks the Stone the Aſhes are good for Scald heads.

34. *Hydropiper* Water Pepperwort.

Hot and dry in the Third degree, flowreth in *Auguſt*, groweth in Pools and Ditches, it waſheth all cold Swellings, it ſcattereth congealed Blood being laid thereto; the dry Leaves being powdred may ſerve inſtead of Pepper.

35. *Perſicaria* Arſemart.

Grows in watry places, is cold and dry, is good to lay to freſh wounds

wounds the Juice being droped in; good againſt Impoſtumations and Inflamations and ſuch hot Swellings.

36. *Staphiſagria* Staviſaker.

Grows in ſhaddow places and in Gardens, flowreth in *June*, it is hot allmoſt in the Fourth degree: Fifteen of the Seeds is a ſtrong Vomit taken in any convenient Liquor, carries of groſs flame and ſlimy matter, it is alſo good with Vinegar to rub on Louſie Apparel to kill Lice.

37. *Cucumis* Wild Cucumber.

Grows in Gardens if Set there, flowreth in *Auguſt*, is hot and dry in the Second degree, is good againſt Dropſies, good for Squinancy and the Swellings in the Throat.

38. *Colocinthis* Coloquintida.

It grows in *Spain* and *Italy* and brings forth fruit in *September* like unto great Apples being very full of Seeds; it is hot and dry in the Third degree: it purges Cholerick humours; a Scruple is enough at a time, for it openeth the Belly mightily, not fiting nor ſafe for the Vulgar to meddle with.

39. *Sena* Sene.

It grows in *Italy*, it flowreth in *June*, hot in the Second degree and dry in Firſt: the Codds and Leaves in the quantity of a Dram gently purgeth the Belly eſpecially Choler and Melancholy, a very ſafe and harmleſs Purge.

40. *Sambucus* Eldar.

Hot and dry in the Third degree, eſpecially the Bark grows in ſhaddow moiſt places; flowreth in *May*, it is profitable in the Dropſey, the green Leaves pounded are good to aſwage hot Swellings and to eaſe the pain of the Gout.

41. *Humilis Sambucus* Deanwort.

Grows near Highways, eſpecially in good ground, flowreth in *July*, it is hot and dry. The Root boiled in Wine and drank is good againſt the Dropſey and purgeth watry humours.

42. *Vitis alba* Brion.

Grows at the bottom of Hedges and Ditches, flowreth in *May*, hot and dry in the Third degree. The Root purges very well, provokes Urine, good againſt Falling Sickneſs ; very good againſt old Coughs and Paines in the ſides being outwardly applyed.

33. *Polytrichon* Maidenhair.

Grows in moiſt ſhadow places, the Hearb between hot and cold in degree keeps always green ; good in all inflamations of the Liver and Reins.

44. *Lichen* or *Hepatica* Liverwort.

Grows on Stones in ſhaddow places, and flowers in *July*, is cold and dry : good for inflamations of the Liver and foul ſpreading Scabs.

45. *Burſa Paſtoris* Shephards Purſe.

Cold and dry, binding ſtops blood and cools Inflamations, ſtops Womens Purgation,.

46. *Buphihalmum* Ox-Eye.

This is good againſt Melancholy and Madneſs.

47. *Buxas* Box Tree Leaves.

Is hot, dry and binding, good againſt Tenams, or bitings of any Venomous Beaſts, taken inwardly.

48. *Calaminta Montana* Mountain Calamint.

Hot and dry in the third degree, provokes Urine, haſtens Birth, and brings the after Birth and terms.

49. *Calendula* Marigolds.

The Leaves are hot in the ſecond degree, looſe the Belly with Vinigar it Cools greately.

50. *Carduncellas* Groundſel.

Cold and Moiſt, it Purgeth Urine and Gravill.

51. *Carduus B. Marie* Lady Thiſtle.

Far more temperat ; the Cardus good againſt the Jaundice, provoks Urine and breaks the ſtone.

52. *Carduus Benedictus* Cardus.

Hot and dry in the second degree, a great Clenser good to clens the Stomack and Belly, resisteth Poyson, provokes Sweat.

53. *Cataria Nepela* Nep or Cat Mint.

The Verme is like Calemint, only Genteeler.

54. *Cauda Epuina* Horse-tail.

Is of a Binding, Drying Quality, very good to stop bleeding at the Nose or any other part,

55. *Caulis Brassica* Collworts.

They are Cool and binding in Quallity.

56. *Ceniaurium* Centauri.

They Purge the Liver and Spleen very well, good for green Wounds and green Sickness.

57. *Centinodium* Knot Grase.

Cold in the second degree, binding stops any fluxes of the Reines in Man or Woman.

58. *Cerefolium* Cherail.

Being taken inward provokes Lust in old People.

59. *Capæa Anagalis Aquatica* Brook-Lime.

Hot and dry good for Scurvey and Maingy Horses.

60. *Ceterachus* Spleen-wort.

Good for Mellancholy People, and Purgeth the Reines

61. *Chamamelum* Garden Chamomel.

Helps Gripings in the Belly, and Purgeth the Reines.

62. *Chamadvis* Garmander.

It opens the Liver and spleen and provokes Terms.

63. *Cinara* &c. Artichokes.

They Provoke Lust and Purge Urine and Fluxes

64. *Cicuta* Hemlock.

Cold in the fourth degree, good in all hot humours outwardly applied.

65. *Consolida Regales Delphinum* Larks Heels
It resisteth Poysons and Venomous Beasts.

66. *Contonaria* Chaffweed.
Boyled in lye it kills Nits in the head, smoked in a Pipe it very good for old Coughs of the Lungs.

67. *Cruciata* Cross-wort.
Dry and binding good for wounds Inward or ontward.

68 *Crassila* Orpine.
It is good for Bloody-fluxes being inwardly taken.

69. *Crythamus* Samphier.
It opens the Liver and Spleen, good for yellow Jaundice.

70. *Cianus* Blew-bottles.
It is good for broken Veins and inflamations.

71. *Dictamnus* Dittany of *Creet*.
It brings away dead Children, and hastens Birth.

72. *Eruca* Rocket.
It greatly provokes Lust being taken inwardly.

73. *Euphragia* Eybright.
A very comfortable Herb for the dim sighted Eye.

74. *Malabathrum* Indean-leaf.
It Comforts the Stomack, helps Digestion and Apetite.

75. *Fœniculum* Fennes.
Increaseth Milk in Nurses and Purgeth the Reines.

76. *Fragerica* Strawberry Leaves.
Cools Inflamations in the Lungs, inwardly taken.

77. *Fraxinus* Aish Tree Leaves.
Helps Rickets in Children and stoping of the Liver.

78. *Galega* Goats Rew.
Good against Pestilence, Feavers and the Falling Sickness,

79. *Galion* Ladys Bead Straw.

Dry and Binding, good to ſtop Blood and Fluxes.

80 *Geniſta* Broom.

It breaks the Stone, good in dropſies &c.

81 *Geraium* Doves Foot.

Good for Collick, Breaketh the Stone.

82. *Gratiola* Hedg Hyſſop.

It Purgeth Phlegm and Dropſies very well.

83. *Hedara Arborea Terreſtries* Ground Ivy

Helps Burning and Scalding and old Ulcers &c.

84. *Primula Teris* Cowſlips.

The Leaves are good for pains in the Head and Joynts.

85. *Herba Paris* Herb Truelove.

Good for Apoſthumes and Inflamations in the privities.

86. *Herba Tenti Anemone* Windflower.

It helps to Milk in Nurſes, in Oyntment cures Leproſies.

87. *Helxine* Pellitory of the Wall.

A cool moiſt cleanſing Herb good for Inflamations.

88. *Hippogloſſum* Horſetongue.

It eaſeth hard Labour in women, and womens Purgations.

89. *Hippoſelinum* Alixander.

It purgeth Urine and brings away the after birth.

90. *Hyſopus* Hyſop

Helps old Coughs and Diſtillations upon the Lungs.

91. *Hyoſciamus* &c. Henbane.

A cold Herb, not to be taken inwardly but in cooling Oyntme

92. *Hypericon* St. *Johns* wort.

Good for ſpitting of Blood, or to cure freſh wounds.

93. *Inguinalis Aſter* Sharewort.

It helps Inflamations in the Grine and Fundament.

94. *Iſatis Glaſtum* Woad.

The Side being bathed with it eaſeth the pains of the Spleen.

95. *Lactuca* Lettice.

It provokes Sleep, and reſt Drunkenneſs and Heart burnings.

96. *Marvum* the Herb Maſtick.

Hot and dry in the Third degree; good againſt Cramps.

97. *Mellilotus* Melilot.

Inwardly taken it purgeth the Urine and Reins.

98. *Meliſſa* Bawm.

A fine comfortable Herb for a cold Stomack.

99. *Mentha Sativa* Spear Mints

It is very good Herb for to ſtop Vomiting.

100. *Mentha Aquatica* Water Mints.

It eaſeth pains in the Belly and Reins.

101. *Mercurialis* Mercury.

It purgeth watery humours and further conception.

102. *Mezerion Spurg* Olive.

A dangerous Purge not fit for every one to meddle with.

103. *Milleſolium* Yarrow.

A healing Herb in wounds, and ſtops Bleeding.

104. *Muſcus* Moſs

Of the Oak is uſeful for ſtoping w omens Fluxes.

105. *Myrtus* Myrtle tree.

The Leaves ſtop Vomiting and piſſing of Blood.

106. *Naſturtium Aquaticum* Water Creſs.

It cleanſeth the Blood, good for Scurvies and the Terms.

107. *Nicotiana* Tobacco.

A famous Herb in Oyarments for cold Gouty humours.



108. La

108 *Lavendula* Lavinder.

Very good for Swimmings, Palfies and Coldneſs of Brain.

109 *Laureola.* Laurell.

It Purgeth upwards and downwards ( I mean the Leaves. )

110. *Lentiſſeus Maſtick* Tree.

The Leaves and Bark ſtop Fluxes and ſpitting Blood.

111. *Lens Paluſtris* Ducks-meat.

It cools Inflamations and hot Swellings in any Part.

112. *Leviſticum* Lovage.

It Clears the Sight, takes away Redneſs and Freckles.

113 *Linaria* Toad Flax.

It openeth the Liver and ſpleen, and Purgeth the Reins.

114. *Lingua Cericenæ* Harts Tongue.

It ſtops all manner of Fluxes in Man or Woman.

115. *Lupulus* Hops.

A Clenſing Herb Purging the Liver and Spleen.

116. *Malva* Mallows.

A fine Cooling Herb good to aſſwage hot Swellings.

117. *Mandragora* Mandrakes.

Not fit for any inward uſe but in Cool Oyntments.

11 . *Marubium* Whie Hore-hound.

It is a very good Herb for the Lungs and Conſumptions.

119. *Ophioglosſon* Adderstongue.

A very good Herb for Bruiſes inward or outward.

120. *Origanum* Organy.

It helps old Coughs: in Oyntments it helps Itch.

121. *Perſicorum folia* Peach leaves.

A fine gentle Purge for Choler and Flegme &c.

122. *Plantago* Plantain.

A very cooling Herb, good in all hot Gouts and Pains.

123. *Porta-*

123. *Portulaca* Purſlain.

It cools the Blood and Liver, ſtops Fluxes and Terms.

124. *Pulegium* Pennyroyal.

Provokes Urine and helps Virgins to their Purgations.

125. *Quercus* Oak leaves.

They ſtay the Whits in women and dry up old Ulcers.

126. *Roſemarinum* Roſemary.

It helps Stuffings in the Head, Palſies and Jaundice.

127. *Rumex* Docks.

Are of a cool and drying Nature ; ſtops Fluxes.

128. *Ruta* Rue or Herb of Grace.

It reſiſteth Poyſons, kills Worms, good againſt Small-pox.

129. *Sabina* Savin.

It expells both Birth and after Birth and Terms.

130. *Salvia* Sage.

It ſtrengthens the Senſes, ſtops Vomiting, ſpitting Blood.

131. *Salix* Willow Leaves.

is very good in Fluxes and ſpitting of Blood.

132 *Sanicula* Sanicle.

It is very good to clens old Wounds and Ulcers.

133. *Saponaria* Sope Wort.

A Herb much uſed in the Diſeaſe called the French-Pox.

134. *Saluria* Savory.

A very good Herb to Expel Wind in the Body.

135. *Saxifraga* Saxafrag.

t breaks Wind helps the Collick and Stone.

136. *Scabioſa* Scabious.

A very cleanſing Herb to the breſt and Lungs.

137 Ser-

137. *Serpillum* Mother Time.

It is a very good Herb to bring down Womens Terms.

138. *Salanum* Night Shade.

It is a very Cooling Herb in Oyntments outwardly,

139. *Soldanelle* Bindweed.

It Purgeth Dropsies and all watery Humours.

140. *Sonchus* Sowthistle.

Good for Frenzies, Cools Heat of the Fundament.

141 *Tamariscus* Tamaris.

It is good for Rickets in Children, and very Hot.

142. *Thymum* Time.

It Clenseth the Brest, Lungs, Reins and Matrix.

143. *Trenitalis* Harts-Ease.

They are good for Falling-Sickneses &c.

144. *Verbascum, Thapsus, Barbatus* Mullin.

It stops Fluxes and the Hemorrhoides and Horses Coughs.

145. *Verbena* Vervain.

It is a very good remedy to cleanse after Child bearing.

146. *Violaria* Violet leaves.

A fine harmless Herb, inwardly or outwardly cooling.

147. *Vitis Binifera* the Vine Tree.

The Leaves are binding, cooling, stops Vomiting.

148. *Vincitoxicum* Swallowwort.

A Poultice made of the Herb cures womens Breasts.

149. *Urtica* Nettles.

They stopbleeding at the Nose, helps Plewrsies.

150. *Umbilicus Veneris* Navil Wort.

A cooling Herb, helps Kiby heels, Burnings and Scaldings any hot Swellings outwardly.

151. *Rosa Alba Rubra Damascena* White, Red, Damask-ro

White good for sore Eyes. Red cheareth the heart. Dam purgeth.

## *Diascordium* 106.

Take of Cinamon, Cassia lignea, of each half an ounce, Scordi-
um an ounce: Dittany of Creet, Tormentil, Bistort, Galbanum,
Gum Arabick, of each half an ounce: Opium one dram and a half:
Sorrel Seeds one dram and a half: Gentian half an ounce; Bole-
Armenick an ounce and an half; Earth of Lemons half an ounce;
long Pepper, Ginger, of each two drams; clarified Honey two
pound and an half; Sugar of Roses one pound; Canary Wine ten
ounces: make them into an Electuary according to art.

It is a well composed Electuary, something appropriated to the Nature of women, for it provokes the terms, hastens their labour, helps their usual sickness at the time of their lying in, I know nothing better; it stops fluxes, mightily strengtheneth the heart and stomack; neither is so hot but it may safely be given to weak people; and besides provokes sleep. It may safely be given to young children ten grains at a time; ancient people may take a dram or more: It is given as an excellent cordial in such feavers as are accompanied with want of sleep.

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## *Mithridate* 106.

Take of Mirrh, Saffron, Agrick, Ginger, Cinnamon, Spick-
nard, Frankincense, Treacle, Mustard Seeds, of each ten drams;
the Seeds of Hartwort, Opobalsamum, or Oyl of Nutmegs by ex-
pression, Schenanth, Stœchas, Costus, Galbanum, Turpentine
long Pepper, Castorium, Juice of Hypocistis Styrax calamitis,
Opopanax Indian leaf, or for want of it, Mace, of each one ounce:
Cassia lignea, Poley mountain, white Pepper, Scordium, the Seeds
of carrots of Creet, carpobalsamum or cubebs, Troch, cypheos,
Bdelium, of each seven drams: Celtick, Spicknard, Gum Ara-
bick, Macedonian Parsly Seeds, Opium cardamoms the less, Fen-
nel Seeds, Gentian, red Rose Leaves, Dittany of Creet, of each
five drams; Annis seeds, Asarabacca, Orris, Acorus, the greater
Valerian, Sagapen, of each three drams: Meum Acacia, the bel-
lies of Scinks, the tops of St. *John*'s wort, of each two drams and
an half; Mallego wine so much as is sufficient to dissolve the Juices

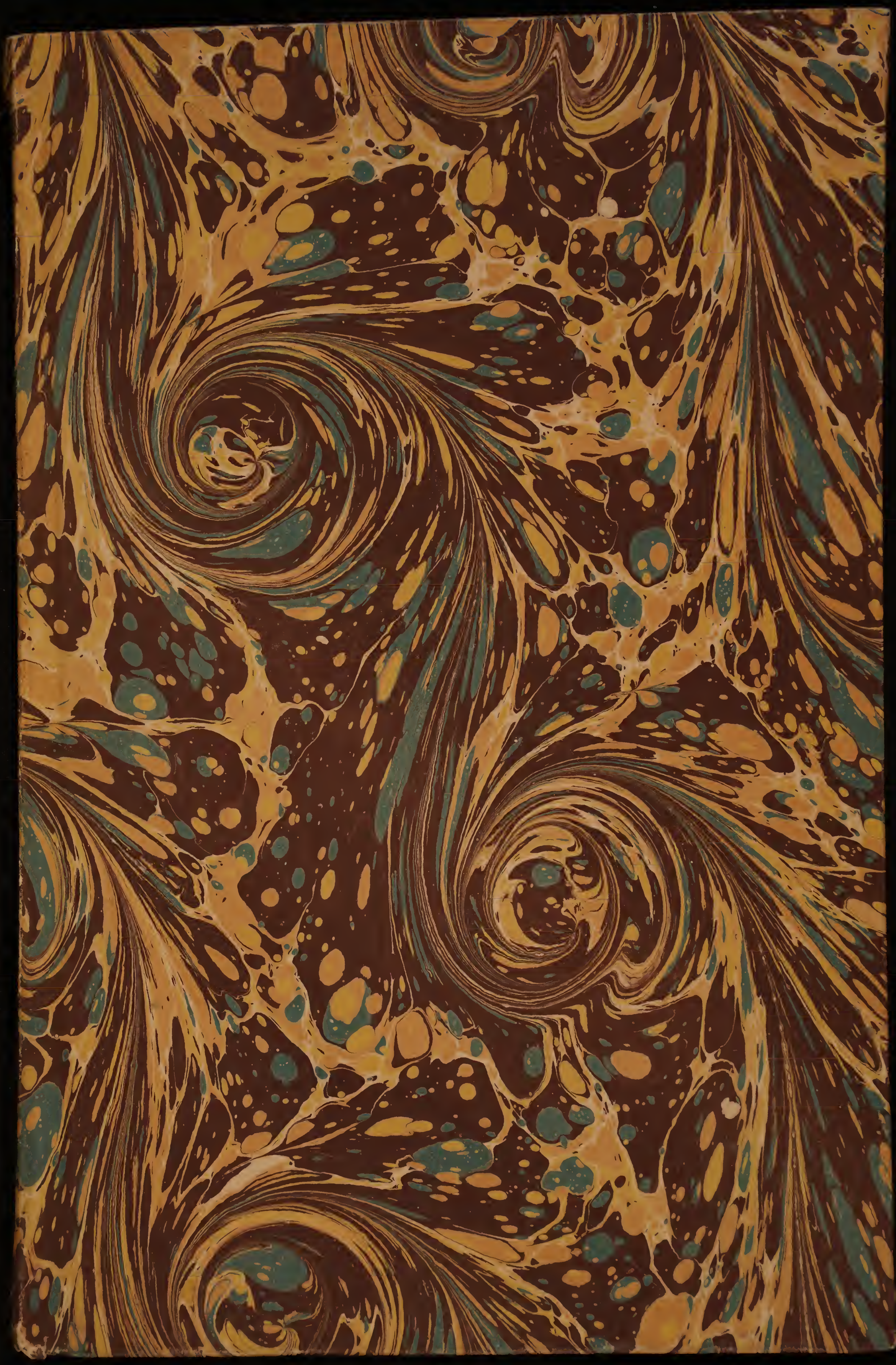
and

and Gums, clarified Honey the treble weight of all, the wine excepted: make them into an Electuary according to art.

It is good against poyson and such as have done themselves wrong by taking filthy Medicines; it provokes sweat, it helps continual watrings of the Stomack, ulcers in the body, consumptions, weakness of the limbs, rids the body of cold humours, and diseases coming of cold, it remedies cold infirmities of the brain, and stopping of the passage of the senses (*viz.* hearing, seeing, smelling, &c.) by cold, it expels wind, helps the chollick, provokes appetite to ones victuals, it helps ulcers in the bladder, if *Galen* say true; as also difficulty of Urine, it casts out the dead child, and helps such women as cannot conceive by reason of cold, it is an admirable remedy for melancholly, and all diseases of the body coming through cold, it would fill a whole sheet of Paper to reckon them all up particularly. You may take a scruple or half a dram in the morning, and follow your buisiness; two drams will make you sweat, yea one dram if your body be weak, for then two drams may be dangerous because of its heat.

*Reader in my first sheet I told you the number of the Bones, being* 302 *according to the Latine Dictick, Thus Englished*

If you 302 Bones chance to find
Few or none are left behind.

The Muscles are according to the Best Anatomists 270: And for the Veins and Arteries they so disagree in their judgments that I think it needless to trouble my self or thee with setting here the number it being Little Material, unless their Names and Places were given an account of which will be too long for this, and my design.

*FINIS.*